

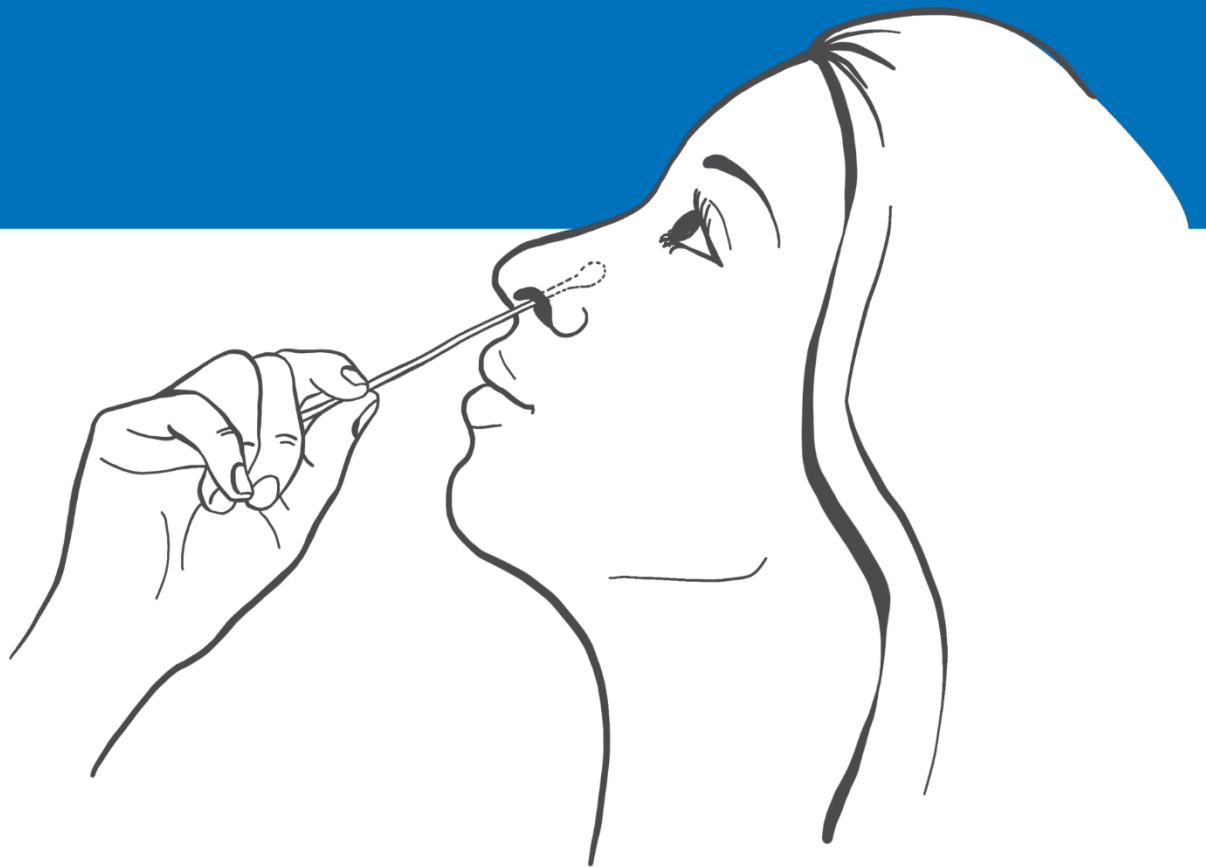


Dowladda Ingiriiska

NHS

Baarista iyo Raadraaca

Sida naftaadu aad uga baareyso fayraska korona (COVID-19) adiga oo guriga jooga



Kani waa hage si fudud loo akhrin karo.

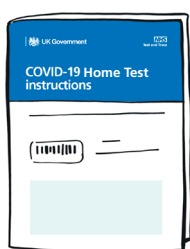
Jannaayo 2021

Hordhac



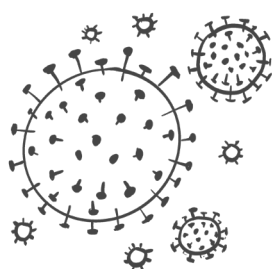
Waaxda
Caafimaadka
iyo Daryeelka
Bulshada

Hagahaan wuxuuka soocda Waaxda
Dowladda ee Caafimaadka iyo
Daryeelka Bulshada.

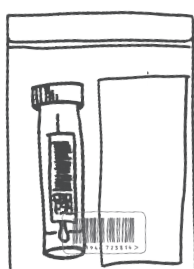


Wuxuu kuu sheegayaa:

- waxa la sameeynayo marka aad hesho xirmadaada qalabka baaritaanka.
- Sida aad isaga baareyso **fayraska korona**.



Korona fayras waa cudur ku faafaya caalamka oo dhan.
Dad badan ayaa waxay ugu yeeraan COVID-19.



Waxaanu haynaa baaritaan loogu talagalay fayraska korona.
Adiga ayaa iska baari kara.



Korona fayras

Waxaad qabi kartaa korona fayraska adiga oo aanan dareemin xanuun.



Dadka qaar aad iyo aad ayay ula xanuunsadaan.



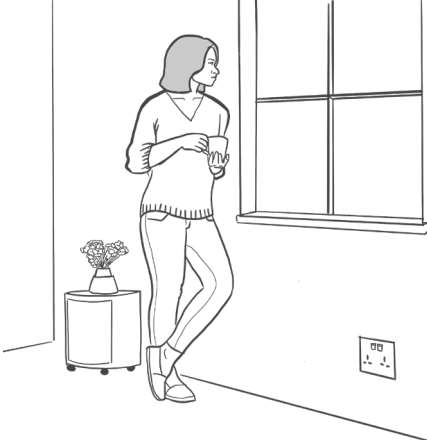
Astaamaha korona fayras

Waxaad yeellan kartaa heerkul sare iyo qufac.



Waxaa laga yabaa in aadan awoodin in aad wax dhadhamiso ama uriso.

Haddii aad qabto **wax** ka mid ah astaamaha korona fayras waa in aad **is-karantiisho** waxaadna ballansan kartaa baaritaan.



Iskarantiilistu waxay ka dhigan tahay:

- in aad gurigaaga joogtaa.

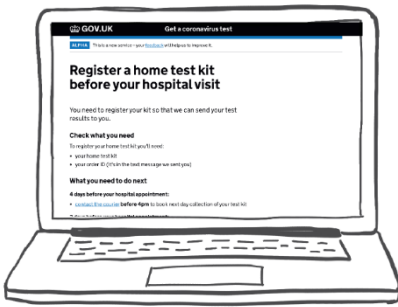


- dadka kale uma dhowaan kartid.



- bannaanka uma bixi kartid.

Diiwaangeli xirmada baaritaankaaga



Diiwaangeli waxay ka dhigan tahay inaad u sheegto Dowladda in aad sameeyn doonto baaritaan aad iyaga dib ugu diri doonto.

Waa in aad diiwaangelisaa xirmada baaritaankaaga, haddii kale ma heli doontid natiijada baaritaankaaga.

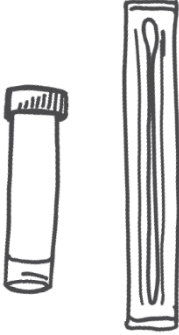
Diiwaangeli baaritaankaaga adiga oo booqanaya: www.gov.uk/register-home-test

Si aad u diiwaangeliso waxaad u baahan doontaa:



- **dalabo aqoonsigaaga (ID)** . Wuxuu ka sameey yahay ilaa 10 lambar. Waxaad kani ka heli kartaa farriinta ama email-ka aad heshay.
- **barkoodhka xirmada baaritaankaaga**. Wuxuu ka kooban yahay 11 xuruufo iyo lambarro ah. Barkoodhkan wuxuu ku dul qoran yahay buug-yarahaaga, tuubada caaga ah, bacda tijaabooyinka lagu sameeyo iyo kartoona soo-celinta.

Isu diyaari baaritaanka



Baaritaanka ma ahan wax laga walwalo. Wuxuu noqon doonnaa mid degdeg ah oo aanan waxyeello kuu geysan doonin.



Nadiifi oo qalaji sagxadda. Kadibna alaabta ku jirta xirmada baaritaanka ku dul fur sagxadda korkeeda.



Haddii sankaaugu uu diif ka socdo, waxaad u baahan doontaa in aan ku diifsato tiishka ka hor inta aadan baaritaanka iska qaadin. Tiishka la isticmaaley ku tuur weelka qashinka.

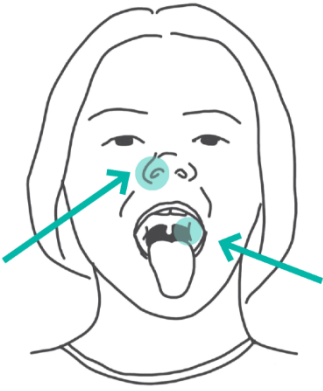


Kahor inta aadan baaritaanka iska qaadin, gacmahaaga ku dhaq biyo iyo saabuun



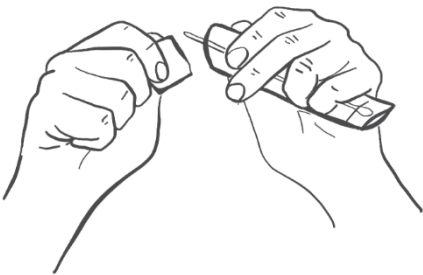
Baaritaanka ayaa waxaad ka qaadi doontaa cunahaaga ama sankaaaga adiga oo adeegsanaya **qoriga suufka sankaa**.

Qoriga suufka waa sida qoriga dhukayga la isaga bixiyo oo weyn.

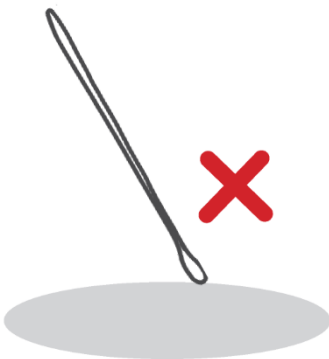


Waxaad u isticmaali doontaa isla qoriga madaxa suufka labadaba dhuntaada iyo sankaaaga.

Haddii aadan dheecaanka cunahaaga ka soo qaadi karin, waxaad beddelkaa ka soo qaadi kartaa labada dallool ee sankaaaga.

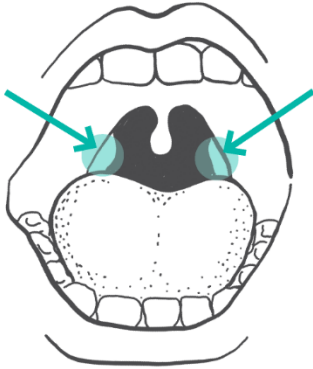


Fur xirmada si tartiib ahna uga soo bixi **qoriga madaxa suufka kaga duuban**, adiga oo qabanaya dhammaadka qoriga.



Caaradda qoriga suufka waa in aysan taaban sagxaddo kale ama waxay halayn kartaa natiijooyinkaaga.

Qoriga suufka ee cunaha

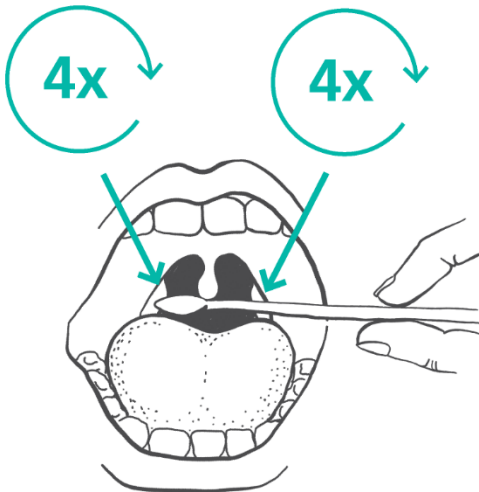


Eeg gudaha afkaaga oo hel **qumankaaga**. **Qumankaaga** waa qaybaha jilicsan ee ku yaalla xagga dambe ee dhuntaada.



Waxaad u baahan tahay in aad afkaaga kala furto oo aad carabkaaga bannaanka u soo saarto.

U adeegso qoriga suufka in aad sambal uga soo qaado dhuntaada.

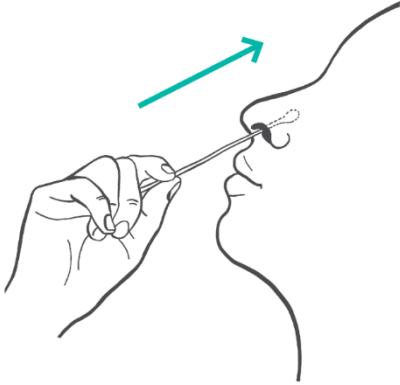


Si tartiib ah ugu xoq qoriga suufka qaybahiisa jilicsan ee ku yaalla xagga dambe ee dhuuntaada **4 jeer dhinac kasta**.

Waxaa laga yaabaa in ay xoogaa raaxo la'aan ah keento waxayna kaa dhigi kartaa in aad margasho dareento, balse kuma xanuunjin doonto.

6

Qoriga suufka ee sankka



Isticmaal isla qoriga suufka si aad sambal uga soo qaado sankaa. Haddii uu duran yahay mid ka mid ah daloolada sankaa, ka soo qaad dalloolka kale.

U geli qoriga suufka dalloolka sankaa si tartiib ahna hore ugu riix.

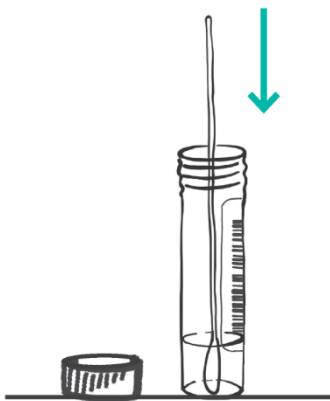
Kuma xanuunjin doono oo meel fog ma gaari doono.



Si tartiib ah qoriga ugu warwareeji **10 wareeg oo dhammeystiran.**

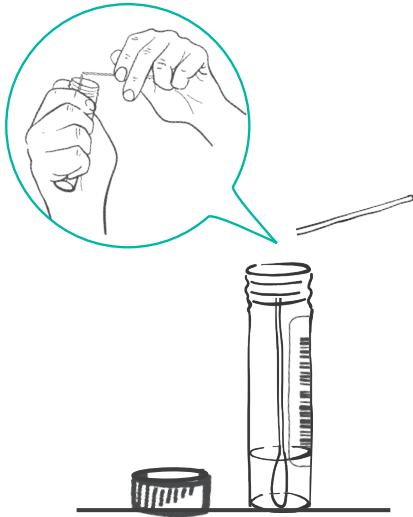
Kuma xanuunjin doono balse waxaa laga yaabaa in uu xoogaa raaxo la'aan ah kuu keenno.

Haddii aadan dheecaanka ka soo qadin cunahaaga, haddaba dheecaanka ka soo qaad dalloolka kale ee sankaa.



Geli qoriga suufka **tuubada caaga ah. Tuubada caaga ah** waa jeeg yar oo uu dareere yar ka buuxo.

Hubso in dareeruhu uu ku sii jiro tuubada.



Dhammaadka dambe ee qoriga ah ka jabi qoriga madaxa suufka kaga duuban si uu u galo gudaha tuubada caaga ah adiga oo aan laabin.

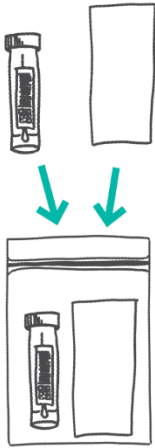


Si adag u dhuuji daboolka tuubada caaga ah ka-dibna hubso in uu si sax ah ugu xirmay.



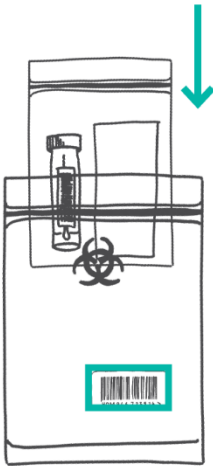
Waa intaas oo keliya, si fiican ayaad sameeysay. Haddaba waxaad u baahan tahay in aad xirxirto oo aad dib u dirto.

Xirxir qalabka baaritaankaaga



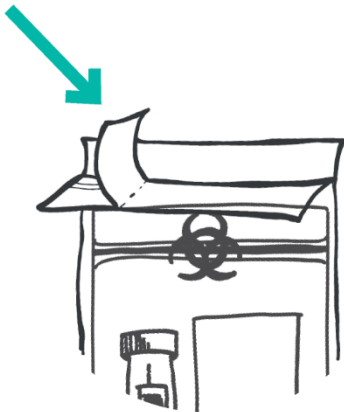
Marada qoyaanka dhuuqda waa gabal yar oo maro jilicsan ah.

Tuubada caaga ah iyo marada dhuuqda qooyanka si wadajir ah u wada geli bacda jiinyeerka lagu xiro leh.

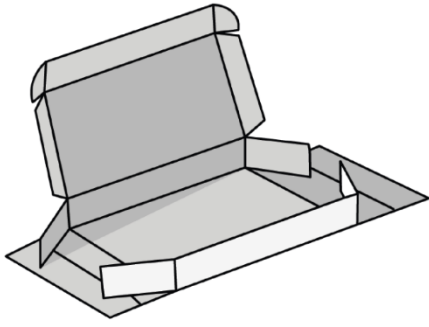


Ka-dibna, geli bacda jiinyeerka lagu xiro leh **bacda tijaabooyinka lagu sameeyo.**

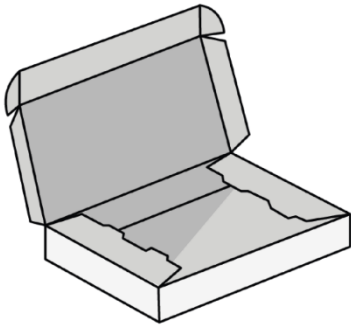
Bacda tijaabooyinka lagu sameeyo waxay yeellan doontaa barkoodh ku qoran.



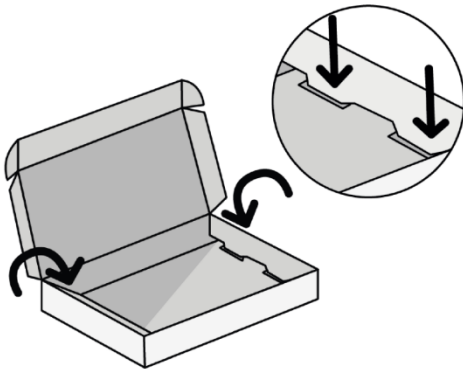
Bacda ka saar xoogaa hawo ah. Ka-dibna xaashida dhuuban ka fuji xagga sare ee bacda. Waxaa ka hooseeya meel dhegdheg leh. Isku riix xagga sare ee bacda si aad u xirto.



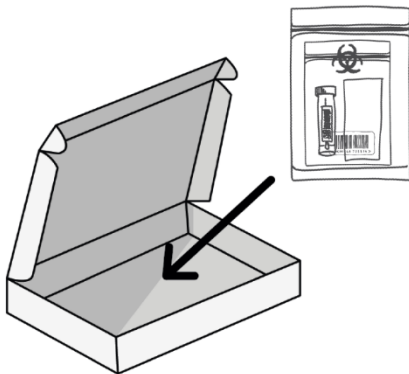
Samee sanduuqa kartoona ah adiga oo isku soo laabaya meelaha laymanka leh.



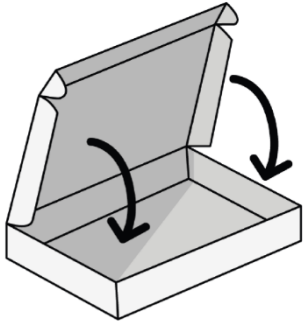
Marka koowaad, u soo laab dhammaan 4 dhinac dhanka dhexe si aad uga dhigto qaab sanduuq oo kale ah.



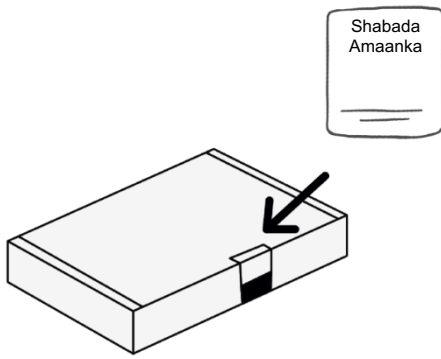
Kadibna, u soo laab baalasha ama daboollada midig iyo bidix dhanka hoose ka-dibna ku riix godadka hoose. Tani waxay meel ku xajinaysaa dhinacyada.



Bacda ku rid sanduuqaaqa gudahiisa.



Isku laab dhinacyada iyo baalasha hore ee daboolka ka-dibna ku riix salka hoose si aad kartoona u xirto.



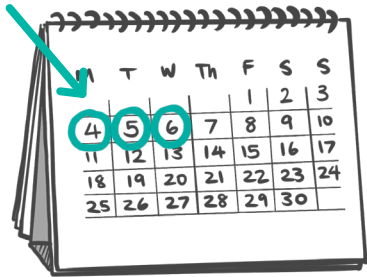
Xir adiga oo ku dhejinaya shabada amaanka.

8

Hel natiijooyinka baaritaankaaga



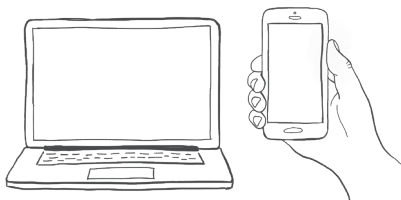
Si dhaqso leh uma oggaan doontid natiijooyinka baaritaanka. Waxaa loo diri doonnaa shaybaarka si loo soo baaro.



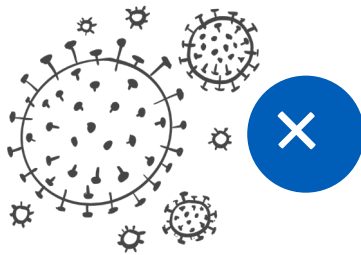
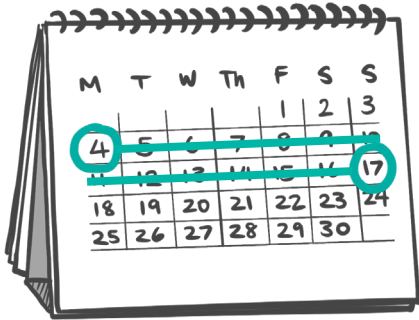
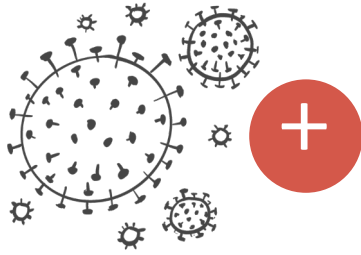
Waa in aad sugtaa natiijooyinka baaritaankaaga. Tani waxay qaadan kartaa ilaa iyo 3 maalmood.



Haddii adiga ama qof aad la nooshahay uu qabo wax ka mid ah astaamaha cudurka korona fayraska, waa in aad iskarantiishaa inta aad sugayso natiijooyinka baaritaankaaga.



Waxaad natiijooyinka baaritaanka u heli doontaa farriin iyo email ahaan.



NHS

Test and Trace



Haddii natiijada baaritaankaagu uu yahay waa laga helay

Waxay ka dhigan tahay in aad qabto korona fayraska.

Haddii aad sidoo kale leedahay astaamaha, waa in aad **iskarantiishaa ilaa muddo 10 maalmood ah laga soo bilaabo** marka ay astaamahaagu bilowdeen.

Haddii aadan astaamo lahayn waa in aad **iskarantiishaa ilaa muddo 10 maalmood ah laga soo bilaabo** markii aad baaritaanka sameeysay.

Haddii natiijada baaritaankaagu uu yahay waa laga waayay

Waxay ka dhigan tahay in baaritaanka uusan helin korona fayras.

Uma **baahnid** in aad sii-wado iskarantiilka haddii:

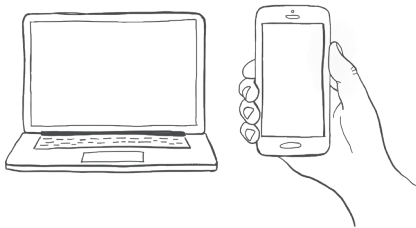
- qof kale oo gurigaaga jooga uusan qabin astaamaha
- ma aysan kuu sheegin inaad iskarantiisho barnaamijka Baarista iyo Raadraaca ee NHS
- aad dareento fiicnaan. Haddii aadan fiicnaan dareemin, guriga joog ilaa aad ka fiicnaanto

9 Wixii macluumaad dheeraad ah



Haddii aad u baahan tahay macluumaad dheeraad ah, fadlan booqo:

www.gov.uk/government/publications/supported-living-services-during-coronavirus-covid-19



Haddii aad qabtid wax su'aalo ah oo ku saabsan baaritaankaaga fayraska korona fadlan wac:

- **119** haddii aad ku nooshahay Ingiriiska, Wales ama Waqooyiga Ireland
- **0300 303 2713** haddii aad ku nooshahay Scotland

Khadadku waxay furan yihiin **7 subaxnimo(am) ilaa 11 fiidnimo(pm)** maalin kasta.



Haddii aad dareento in xaaladaadu ay ka sii darayso, ama aadan fiicnaan 7 maalmood ka-dib:

- booqo barta internetka ee NHS **111** www.111.nhs.uk
- ama wac **111**